

City of Gulfport Wellness Program Requirements 2012

Medical Analysis Clinic or Personal Physician

- Complete wellness examination and/or Health Risk Assessment to include blood pressure, height and weight, Metabolic Panel, Fasting Lipid Profile, Complete Blood Count with Differential Platelets, Thyroid Stimulating Hormone.

Wellness Exams-Age appropriate exams are paid for at 100% if a medical problem is not discovered or diagnosed.

Program Requirements

Employees must have a medical provider complete an ***Initial Wellness Verification Form*** (2 part) which can be obtained in the Human Resources Office or on the Human Resources website. Once completed, the form must be forwarded to ***Medical Analysis Clinic, ATTN: Wellness Program Reviewer***. The form will list any identified health risk (if any) and targeted goal (s) to address the health risk (s).

For additional information, please see ***Frequently Asked Questions*** on the Human Resources Wellness webpage.

Classes by Medical Analysis Nurse Practitioner Holly Chauvin

Classes are 30 minutes or less during lunch break, must register prior to class meeting.

- February-Cholesterol
- March-Hypertension
- April-Exercise

Gulf Coast Health Educator Programs for Chronic Illness

Diabetes (I'm in Control)

- Diabetes is a serious disease. The good news is it CAN be managed! However, if diabetes remains uncontrolled, it can lead to heart disease, blindness, arm and leg amputations, kidney disease, and nerve damage. Learning diabetes self management skills can help prevent or delay the complications associated with diabetes.
- Gulf Coast Health Educators offers diabetes-pre-diabetes classes.

Diabetes and pre-diabetes training consists of 4 hours of education using the Journey for Control Conversation Maps. Topics include: How Diabetes Affects the Body, Meal Planning, Exercise, How

Diabetes Medicines Work, glucose Monitoring, Personal Health Habits, Complications of Uncontrolled Diabetes, Sick Day Management, Stress and Coping, and Goal Setting.

Employees receive a personal meal plan and return for one (1) and three (3) month follow-up visits where they receive additional education using the conversation Maps.

Goal: Create healthier communities by providing the knowledge and skills needed to develop healthier eating and physical activity patterns to promote healthy lifestyles.

Gulf Coast Health Educators Diabetes Education Meetings are held at Coast Cardiology Center located at 14055 Seaway Parkway, Gulfport, Ms from 1:00 p.m. to 5:00 p.m. on the following dates:

January 25, 2012
February 22, 2012
March 28, 2012
April 25, 2012
May 23, 2012
June 27, 2012

July 25, 2012
August 22, 2012
September 26, 2012
October 24, 2012
November 28, 2012
December 19, 2012

Gulf Coast Health Educators Diabetes Education Meetings are held at St. Peters by the Sea, located at 1912 East Beach Blvd. Gulfport, MS from 8:30 a.m. – 12:30 p.m. on the following dates:

January 10, 2012
February 7, 2012
March 6, 2012
April 3, 2012
May 1, 2012
June 5, 2012

July 3, 2012
August 7, 2012
September 4, 2012
October 2, 2012
November 6, 2012
December 4, 2012

Gulf Coast Health Educators - Diabetes Education Meetings are held at Coastal Family Health Center located at 3446 Big Ridge Road in D'Iberville, Ms. from 12:30 p.m. to 4:30 p.m.

January 23, 2012
February 27, 2012
March 26, 2012
April 23, 2012
May 21, 2012
June 25, 2012

July 23, 2012
August 27, 2012
September 24, 2012
October 22, 2012
November 26, 2012
December 17, 2012

Gulf Coast Health Educators - Healthy Lifestyles Weight Loss Challenge classes start January 17, 2012 once a week from 5:30-6:30 p.m. on Tuesdays at E-Fitness, 1735 Richard Drive, Biloxi, MS.

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| • Better Breathers | 2 nd Thursday of every month | 1:30 p.m. |
| Various locations at Memorial Hospital | | |
| • Diabetes Education Required | Monthly Meetings | Physician Referral |

- Cooking for Life/Nutrition

Times to be scheduled for 2012

Garden Park Medical Center

- | | | |
|-------------------------------------------------------|--------------------------------------------------------------|----------------|
| • Diabetes Support Group | 1 st Thursday of every month | 12 noon – 1 pm |
| • Generations Health Living Program Edgewater Mall | 3 rd Thursday of every month | 8:00 a.m. |
| • Better Breathers | 2 nd Thursday of every month Various locations | 1:30 p.m. |

Additional classes may be added, once confirmed with provider (s).